



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**CHILDHOOD OBESITY (60 SECONDS)**

Obesity is a serious health concern for children and adolescents, with an estimated 18 percent of people age 10 through 17 in Alabama being obese.

This is Acting State Health Officer, Doctor Scott Harris. Obese children and adolescents are at risk for health problems during their youth and as adults. They are more likely to have risk factors associated with cardiovascular disease, such as high blood pressure, high cholesterol, and Type 2 diabetes.

Parental involvement is the key to getting this epidemic under control, and a few simple changes can have a big impact. One great tip is to fill half of your plate with fruits and vegetables every time you eat.

Parents should also make sure children are physically active. Experts suggest at least 60 minutes of activity throughout a day for children and teenagers, so encourage your kids to take a break from TV and video games, and replace it with a physical activity. To learn more tips to help keep your children healthy, visit our website at [Alabama-public-health-dot-gov-slash-nutrition](http://Alabama-public-health-dot-gov-slash-nutrition).

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